

# FITNESS

## Land Group Fitness Schedule

### MONDAY/ WEDNESDAY

6 – 6:50 AM: Spin (Mon. only, O)  
 7 – 7:50 AM: Barre Above® (Wed, O, V)  
 7 – 7:50 AM: HIIT with Cynthia – Total Body Reset (Wed, O)  
 8 – 8:50 AM: Pumped Up Strength (O, V)  
 9 – 9:50 AM: SilverSneakers® Classic (O, V)  
 10 – 10:50 AM: Classic Mat Pilates (Mon, O, V)  
 10 – 10:50 AM: Bars, Benches & Balls (Wed, O, V)  
 11 – 11:50 AM: Hatha Yoga (Mon, O, V)  
 11 – 11:50 AM: Slow Flow Yoga (Wed, begins 4/10, O)  
 12:15 – 1 PM: TRX Functional Strength (Mon, O)  
 5 – 5:45 PM: Butts & Guts (O)

### TUESDAY/ THURSDAY

6:05 – 6:50 AM: FPFC Bootcamp (Tues, O)  
 7 – 7:50 AM: Barre Above® (O, V)  
 8 – 8:50 AM: Dance Fit Mix (On hiatus through 4/20, O)  
 9 – 9:50 AM: Silver Sneakers Classic (O, V)  
 10 – 10:50 AM: Flow Yoga (O, V)  
 11 – 11:50 AM: Gentle Yoga (O, V)  
 12 – 12:50 PM: Feeling Fit @ Noon (On hiatus through 4/20, O)  
 1 – 1:50 PM: Feeling Fit @ 1 PM (On hiatus through 4/20, O)  
 5 – 6 PM: Alignment-based Yoga (Tue, O)  
 5 – 5:50 PM: Yin Bolster Class (Thur, O)

### FRIDAY

7 – 7:45 AM: FPFC Bootcamp (O)  
 8 – 8:50 AM: Restorative Mobility (O)  
 10 – 10:50 AM: Sculpt Yoga (Begins 4/12, O)  
 11 – 11:50 AM: Slow Flow Yoga (O)

### SATURDAY

8:15 – 9 AM: Butts & Guts (O)

## Gym Hours & Information

Monday – Thursday: 6 AM – 7 PM  
 Friday: 6 AM – 8 PM  
 Saturday & Sunday: 8 AM – 3 PM

All sessions are 60 - minutes long and by appointment. Please navigate to [www.fidalgopool.com](http://www.fidalgopool.com) and select the Login for Scheduling link to reserve your session(s).

**Fitness Center Equipment Orientations** available by reservation Mondays at 1:15 PM.

## Personal Training @ FPFC

Would you like workouts designed specifically for you? Contact one of our personal trainers to set up a consultation. Single sessions or packages of 5 or 10 sessions available. See our brochure at the front desk for more information.

## Upcoming Facility Closure Dates:

**May 27:** Memorial Day  
**May 31 @ 1 PM – Jun. 2:** Spring Thunderbird Swim Meet

## Group Fitness Class Activity

Registration and check-in for all land and aquatic group fitness classes is required.

Class format key: O = Onsite    V = Virtual

## Contact Information:

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